

Il giornalino del Centro Nanà

The state of mental health in the European Union

In the previous years mental health has become a public and sensitive issue all across Europe. According to the 2022 Health at a Glance report, almost one in two young Europeans (15-24 year olds) have unmet mental healthcare needs, and in several EU countries the share of young people (aged 18 to 29) reporting symptoms of depression more than doubled during the pandemic. The covid-pandemic has had a stronger impact on young people and on those who also suffered from pre-existent mental health problems. The Health at a Glance Europe 2018 report highlighted that mental health problems affect about 84 million people across the EU.



It is important to underline a significant increment through the years, which could mean that nowadays people are living a more stressing and overwhelming life but also it may signify that nowadays people are more comfortable talking about their problems: maybe both points of view are true.

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To tackle this increment it is important that Europe takes a stand and starts prioritizing preventive measures against the rise of depression, anxiety, stress and other related mental health problems. It is important to allocate more funds for both the contrast and prevention of these problems. It is important to underline a significant increment through the years, which could mean that nowadays people are living a more stressing and overwhelming life but also it may signify that nowadays people are more comfortable talking about their problems: maybe both points of view are true.



On the other hand, at least nowadays the stigma around mental illness seems to be fading and people always more often find the courage to talk about their problems.

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